

WINTER 2002–2003



National
Institute of
Diabetes and
Digestive
and Kidney
Diseases

NATIONAL
INSTITUTES
OF HEALTH

73 Million Americans Seek Health Information on the Web

Information on Nutrition and Weight Control Among Hottest Topics

Reports issued by the Pew Internet & American Life Project in November 2000 and May 2002 track the habits of Internet users seeking health information and how they evaluate the quality of the content they find on the Web. The first report—*The Online Health Care Revolution: How the Web Helps Americans Take Better Care of Themselves*—revealed that 52 million American adults have sought health and medical information on the Internet. By the time of the second report—*Vital Decisions: How Internet Users Decide What Information to Trust When They or Their Loved Ones Are Sick*—that number had risen to 73 million. The reports use the term “health seeker” as shorthand for people who use the Internet to search for health information.

The reports, based on random surveys and focus group testing, reveal that on a typical day, about 6 million people, or 5 percent of those online, look for health information. New Internet users were less likely than experienced users to search the

Hot Topics for Health Seekers

Weight control is near the top and
self-diagnosis is near the bottom

	%
Looked for information about a particular illness or condition	93
Looked for information about nutrition, exercise, or weight control	65
Looked for information about prescription drugs	64
Gathered information before visiting a doctor	55
Looked for information about alternative or experimental treatments or medicines	48
Looked for information about a mental health issue like depression or anxiety	39
Looked for information about a sensitive health topic that is difficult to talk about	33
Looked for information about a particular doctor or hospital	32
Diagnosed or treated a medical condition on own, without consulting a doctor	18

Source: Pew Internet & American Life Project Health Callback Survey, June 19–August 6, 2001. Margin of error is ± 4 .

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Web for health information. Only 2 percent of people who had less than 6 months of online experience said they had searched for health information on a given day, compared with 7 percent of people who had more than 3 years of experience.

Hot Topics

According to the reports, health seekers go online to find answers to specific questions. The vast majority, 93 percent, sought information about a specific disease; almost two-thirds looked for information about nutrition, exercise, or weight

HEALTH INFORMATION ON THE WEB, continued on page 4



U.S. Department
of Health and
Human Services

Dr. Hoofnagle Receives Awards

Jay Hoofnagle, M.D., director of the Division of Digestive Diseases and Nutrition at the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), recently received the American Association for the Study of Liver Diseases (AASLD) Distinguished Achievement Award, which honors individual researchers for sustained scientific contributions to the field of liver disease. Earlier in 2002, Dr. Hoofnagle also received the Gold Medal from the Canadian Association for the Study of the Liver for contributions to liver disease research.

“He’s been a pivotal figure in three areas,” says NIDDK’s Dr. Leonard Seeff, who presented the AASLD award. “He’s trained outstanding physicians in the field, he’s a leading figure in treating viral hepatitis, and he’s been an important figure in supporting research on liver and gastroenterological diseases.”

Dr. Hoofnagle’s findings have provided the scientific underpinnings of what have become standard

treatments for many people with hepatitis C. In the 1980s, he and his colleagues at the National Institutes of Health (NIH) began evaluating alpha interferon’s antiviral potential in hepatitis B and hepatitis C, then known as non-A, non-B hepatitis. At the time, few people believed that viral hepatitis could be treated. The pharmaceutical industry became interested when Dr. Hoofnagle showed that long-term therapy with interferon could control chronic hepatitis C in some patients.



He continues to run clinical trials and to organize national and international educational opportunities for those who treat hepatitis. In 1997, he organized the NIH Consensus Development Conference on the Management of Hepatitis C. In 1999, he co-organized an international symposium on hepatitis C and related viruses, as well as NIH workshops on alternative and complementary

medicine in chronic liver disease and on hepatitis C in African Americans. He has written more than 300 research articles and has authored or coauthored more than 50 book chapters. ■



At the June 2002 meeting of the National Digestive Diseases Information Clearinghouse (NDDIC) Coordinating Panel, NDDIC Director Kathy Kranzfelder presented long-time panel member **Timothy Lipman, M.D.**, a plaque in appreciation for his years of service. Dr. Lipman also chaired the Coordinating Panel and Executive Committee meetings for the past decade. ■

NIH Consensus Conferences Home In on ECRP and Hepatitis C

Full consensus statements from two National Institutes of Health (NIH) Consensus Development Conferences have been posted at www.niddk.nih.gov under “Conferences and Workshops.” Summary points of the endoscopic retrograde cholangiopancreatography and hepatitis C management conferences follow.

Endoscopic Retrograde Cholangiopancreatography (ERCP) for Diagnosis and Therapy January 14–16, 2002

- In light of rapid advances in medical imaging technologies, ERCP is evolving into a therapeutic, rather than a diagnostic, tool. Less invasive imaging techniques may eclipse ERCP's value as a tool for diagnosing pancreaticobiliary diseases, but it continues to be useful in treating both benign and malignant diseases of the pancreas and biliary tract.
- The available evidence supports ERCP's merit in treating symptomatic gallstone disease, common bile duct stones, recurrent pancreatitis, and pancreatic pseudocysts. In addition, ERCP with endoscopic sphincterotomy and stone removal is valuable for patients with jaundice caused by stones in the common bile duct, dilated common bile duct, cholangitis, or acute pancreatitis.
- ERCP remains the best means for diagnosing suspected ampullary cancers and for patients with pancreatic or biliary cancer who are not candidates for surgery.
- Performing ERCP can involve substantial risks. The panel stressed the need for appropriate training and expertise, especially for advanced ERCP, and noted that avoiding unnecessary ERCP is the best way to reduce complications such as postprocedure pancreatitis.
- Improving the quality of clinical investigation in pancreaticobiliary diseases in general, and

ERCP in particular, is a critical need. The panel recommended forming a cooperative group to foster multicenter involvement in designing and conducting large clinical trials. The panel advocated randomized, prospective trials to assess both benefits and risks of ERCP compared with other diagnostic and therapeutic interventions for biliary and pancreatic problems.

Management of Hepatitis C: 2002 June 10–12, 2002

- Despite significant advances in treatment for chronic hepatitis C and a decline in the number of new infections, a fourfold increase in the number of persons with chronic hepatitis C infection is projected over the next decade. This increase is due to unsuspected infection from contaminated blood and blood products before the advent of routine screening in the early 1990s, occupational exposure, and injection drug use.
- Clinical trials provide persuasive evidence that treating the hepatitis C virus (HCV) with a combination of pegylated interferon and ribavirin produces a considerably better sustained viral response (SVR) than monotherapy or the standard interferon-ribavirin combination. Unfortunately, patients with genotype 1 HCV, who account for 70 to 75 percent of infected persons, require longer therapy and have a lower SVR.
- Although SVR has not yet been correlated with improved survival because of the need for long-term followup, the absence of detectable HCV provides a significant benefit in terms of resolution of liver injury, reduction of liver fibrosis, and a lower likelihood of HCV reinfection. The best treatments for nonresponders and relapsers are less clear.

NIH CONSENSUS CONFERENCES, continued on page 16

control; and a similar number, 64 percent, wanted to find information about a prescription drug. Less than one-fifth of health seekers go online to try to diagnose their own condition.

Search Strategies

Nearly 90 percent of health seekers say they start their searches using a general search engine such as Yahoo! or Google rather than a specialty site such as MEDLINE^{plus} or Healthfinder. Another large percentage, 86 percent, say they visit multiple sites rather than rely on one favorite site. Of the 14 percent who report having a favorite site for health information, nearly one-third give ease of navigation as the feature they appreciate most. One-quarter of those with a favorite site say they choose it because they trust the advice and information there. Only 14 percent of health seekers said they asked for advice about where to look for online health information.

See pages 6–8 for lists of online resources for professionals and for patients.

Quality Checks

Several organizations have issued recommendations for checking the reliability of websites, including identifying the source of the information, checking the date the information was posted, and reading the site's privacy policy. About half of the survey respondents said they check the source and date of the information they find either "all of the time" or "most of the time." The other half said they check this information "only sometimes," "hardly ever," or "never."

"Their approach may not be as rigorous as the medical community would prescribe, but e-patients are finding what they need, when they need it," says Susannah Fox, director of research at the Pew Internet Project.

The most frequent reason health seekers give for turning away from a health website is advertising or commercialism, followed by lack of source information and date.

The Internet has proven to be ideal for disseminating health information for the National Digestive Diseases Information Clearinghouse. As part of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health, our .nih.gov domain is reassurance of science-based content without commercial bias. Our standard is to review every publication at least once every 18 to 24 months to ensure its continued accuracy. Expert reviewers and field-testers are acknowledged by name and the date of the last review is always posted. And unlike commercial sites, our site does not try to collect information about its users.

About two-thirds of health seekers say they find the same information on multiple sites, and 77 percent of those say that finding the same information on multiple sites gives them more confidence.

More than one-third of health seekers who have succeeded in finding information say they talk with their doctors about what they find. Most of the others say they do not talk with their doctors about the information because it usually involves a nonurgent issue, not because they fear the doctor will reject it or disapprove of how it was found.

A User's Guide

The *Vital Decisions* report includes an appendix provided by the Medical Library Association (MLA)—A User's Guide to Finding and Evaluating Health Information on the Web. The guide provides advice on using search engines, pointers on evaluating sponsorship and currency of websites, and additional resources. The MLA's recommendations include the following:

- Learn how to use the advanced features of general search engines to make your retrieval more precise.
- Become familiar with reliable general health information tools such as MEDLINE^{plus} (www.medlineplus.gov) and Healthfinder

(www.healthfinder.gov) as starting points for your search.

- Pay attention to the web address to see whether it terminates in **.gov**, **.edu**, **.org**, or **.com**. Look for the sponsor of .org and .com sites to determine impartiality.
- Make sure each page of a website clearly indicates when it was last updated.
- Determine whether the information is intended for consumers or for professionals.

The Pew Internet & American Life Project, an initiative of the Pew Research Centers, conducts and funds research into the ways the Internet affects the lives of Americans. This nonprofit organization releases about 20 reports each year on issues such as Internet use in schools, shopping on the Internet, job-searching on the Internet, online crime, website privacy policies, and the demographics of people who log on.

The full reports are available on the organization's website at www.pewinternet.org. The MLA website is located at www.mlanet.org. ■

Vital Statistics

The National Digestive Diseases Information Clearinghouse (NDDIC), a service of the National Institute of Diabetes and Digestive and Kidney Diseases, answers inquiries about digestive diseases and produces and distributes educational materials.

- In a year, the NDDIC responds to more than 12,500 inquiries from the public, mostly from patients and health professionals, and distributes more than 227,000 publications.
- The NDDIC's most popular publications are
 - *Heartburn, Hiatal Hernia, and Gastroesophageal Reflux Disease (GERD)*
 - *What I Need to Know About Irritable Bowel Syndrome*
 - the three hepatitis easy-to-read booklets
 - *Chronic Hepatitis C: Current Disease Management*
 - *Viral Hepatitis A to E and Beyond*
 - *Bacteria and Foodborne Illness*
 - *Diverticulosis and Diverticulitis*
- More than 13,500 web pages link to NDDIC, from websites sponsored by Government agencies, universities, pharmaceutical companies, professional organizations, voluntary groups, and individuals.

- NDDIC exhibited at eight professional meetings in the past year and sent materials to a variety of health fairs throughout the Nation. ■



Digestive Diseases Organizations for Professionals

Organization	Website	Notes
Alpha-1 Foundation	www.alphaone.org	Educational materials for physicians and the public about testing for Alpha-1 Antitrypsin Deficiency and the treatments; Education Materials Working Group; <i>Research Registry Update</i>
American Association for the Study of Liver Diseases	www.aasld.org	Information on practice guidelines; journals available online; membership directory
American College of Gastroenterology	www.acg.gi.org	Publications for patients on common gastrointestinal problems
American Dietetic Association (ADA)	www.eatright.org	Monthly professional journal; monthly newsletter; books and other resources for consumers and professionals
American Gastroenterological Association	www.gastro.org	Publications for patients on common gastrointestinal problems
American Society for Gastrointestinal Endoscopy	www.asge.org	Publications for patients on gastrointestinal endoscopy and digestive health; clinical guidelines
American Society for Parenteral and Enteral Nutrition	www.nutritioncare.org	Educational opportunities for nutrition support practitioners, including an annual conference, audio-teleconferences, self-assessment programs, postgraduate courses, publications (practice standards, clinical guidelines, and nutrition support clinical pathways), research programs
American Society of Abdominal Surgeons	www.abdominalsurg.org	Continuing education program for physicians in abdominal surgery
American Society of Colon and Rectal Surgeons	www.fascrs.org	Publications for patients on colon and rectal diseases; listing of board-certified colorectal surgeons; material on Colorectal Awareness Month; residency programs; links to affiliated organizations
Centers for Disease Control and Prevention (CDC), Hepatitis Branch	www.cdc.gov/hepatitis	Publications for patients on hepatitis A through E; slide sets, videos, and posters; continuing education credited program
North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition (NASPGHAN)	www.naspghan.org	Information for the public on numerous pediatric gastrointestinal, liver, and nutritional disorders; a directory of pediatric gastroenterologists in the United States and Canada; educational activities for physicians
Oley Foundation for Home Parenteral and Enteral Nutrition (HomePEN)	www.oley.org	Educational materials on home parenteral and enteral nutrition, including a nutrition complication chart and nutrition choices video; family network; toll-free consumer networking; video library of annual conference presentations
Society for Surgery of the Alimentary Tract (SSAT)	www.ssat.com	Forum for information exchange among physicians specializing in alimentary tract surgery
Society of American Gastrointestinal Endoscopic Surgeons (SAGES)	www.sages.org	Publications for patients about gastrointestinal endoscopy, laparoscopy, and minimal access surgery
Society of Gastroenterology Nurses and Associates (SGNA)	www.sгна.org	Provides members with continuing education opportunities, practice and training guidelines, and information about gastroenterology
United Network for Organ Sharing (UNOS)	www.unos.org	Publications for patients on transplantation; UNOS member directory
Wound, Ostomy, and Continence Nurses Society (WOCN)	www.wocn.org	Professional, educational, and clinical resource materials for people with wounds, ostomies, and incontinence

Note: The information in this table was current as of August 2002. Some sites may require membership for full access.

Digestive Diseases Organizations for Patients

Organization	Website	Notes
Alagille Syndrome Alliance	www.alagille.org	Information on Alagille syndrome, including diagnosis, testing, and treatment; support network for children, their parents, and others
American Dietetic Association (ADA)	www.eatright.org	Promotes optimal nutrition, health, and well-being; dietitian finder; daily nutrition tips
American Hemochromatosis Society Inc. (AHS)	www.americanhs.org	Variety of information on hemochromatosis (HH), including DNA screening for HH and pediatric HH
American Liver Foundation (ALF)	www.liverfoundation.org	Information about liver wellness, liver disease, and prevention of liver disease; audiovisuals, seminars, and training programs; advocacy and research; news and events
American Porphyria Foundation	www.porphyrifoundation.com	Informational brochures about porphyria; referrals to porphyria treatment specialists; self-help services for members
Celiac Disease Foundation (CDF)	www.celiac.org	Telephone information and referral services, information packets, and special educational seminars and general meetings
Celiac Sprue Association/USA Inc.	www.csaceliacs.org	Information sheets, new-patient packet, handbook
Crohn's & Colitis Foundation of America Inc.	www.ccfa.org	Information on all aspects of Crohn's disease and ulcerative colitis, including emotional factors and issues specific to women and children
Cyclic Vomiting Syndrome Association (CVSA)	www.cvsasonline.org	Promotes and facilitates medical research about nausea and vomiting; increases public and professional awareness; patient education publications
Food Allergy Network & Anaphylaxis Network	www.foodallergy.org	Coping strategies for patients; booklets; videos; cookbooks; and special-alert mailings informing members of product information, including ingredient changes, recalls, or packaging mishaps
Gastro-Intestinal Research Foundation	www.girf.org	One-page quarterly newsletter on issues in gastrointestinal research and health available by postal mail or online
Gluten Intolerance Group of North America	www.gluten.net	Materials on the gluten-free diet (consistent with the American Dietetic Association guidelines); summer camp for children; annual education conference; quarterly newsletter; foreign-language materials; fact sheets; videotapes; counseling and access to gluten-free products; cookbooks and resource books
Hemochromatosis Foundation Inc. (HF)	www.hemochromatosis.org	Screening information; genetic counseling; booklets; symposia; video coverage of Cleveland clinic meetings; sponsors a biennial international research project
Hepatitis B Coalition/Immunization Action Coalition	www.immunize.org	Publications: <i>NEEDLE TIPS</i> and the <i>Hepatitis B Coalition News</i> and <i>Vaccinate Adults!</i> ; email news service (IAC Express); foreign-language brochures and materials for various ethnic populations; print materials for clinic staff; videotapes and posters
Hepatitis B Foundation	www.hepb.org www.hepb.org/c (Chinese chapter) www.hepb.org/k (Korean chapter) www.hepb.org/v (Vietnamese chapter)	Updated "Drug Watch" list of compounds under development for chronic HBV; liver specialist directory; printable brochures and newsletters; advice for carriers, adoptive parents, and health care providers; interactive email; general hepatitis B information; new language chapters coming soon

Continued

Digestive Diseases Organizations for Patients (*Continued*)

Organization	Website	Notes
Hepatitis Foundation International (HFI)	www.hepatitisfoundation.com www.hepfi.org	Audiovisual materials for the public; database of hepatitis support groups; telephone support network for patients; foreign-language materials; educational materials (posters, brochures, videos, and books); a workbook about the liver for children
International Foundation for Functional Gastrointestinal Disease (IFFGD) Inc.	www.iffgd.org	Information on gastrointestinal motility disorders in infants, children, and adults; publications on functional gastrointestinal disorders
Intestinal Disease Foundation	www.intestinalfoundation.org	Information, guidance, and support for people with chronic digestive illnesses
Iron Overload Diseases Association Inc. (IOD)	www.ironoverload.org	Counseling for patients with hemochromatosis and their families; physician referrals; educational materials including a booklet, newsletter, and an information brochure
National Association for Continence (NAFC)	www.nafc.org	Information on incontinence, including books and audiovisuals
National Organization for Rare Disorders (NORD)	www.rarediseases.org	Helps people with rare “orphan” diseases and the organizations that serve them; <i>NORD Resource Guide</i> ; <i>Physicians Guide for Rare Disorders</i>
Oley Foundation for Home Parenteral and Enteral Nutrition (HomePEN)	www.oley.org	Educational materials on home parenteral and enteral nutrition, including a nutrition complication chart and nutrition choices video; family network; toll-free consumer networking; video library of annual conference presentations
Pediatric/Adolescent Gastroesophageal Reflux Association Inc. (PAGER)	www.reflux.org	Literature on pediatric gastroesophageal reflux disease (GERD) and related disorders; support for patients, their families, and the public; hereditary GERD study
Pediatric Crohn's & Colitis Association Inc.	pcca.hypermart.net	Information on medical, nutritional, psychological, and social factors in pediatric and adolescent Crohn's disease and ulcerative colitis
Pull-Thru Network	www.pullthrough.org	Information and support to the families of children born with anorectal malformations and related disorders. Quarterly newsletter, email and phone support, member networking. A chapter of the United Ostomy Association
Reach Out for Youth With Ileitis and Colitis Inc.	www.reachoutforyouth.org	Educational and emotional support for patients and their families; educational seminars and quarterly newsletters; hotline
Simon Foundation for Continence	www.simonfoundation.org	Assistance and support for those with urinary incontinence; educational materials including a book on managing incontinence
TEF-VATER International	www.tefvater.org	Information and support for families of children who have esophageal atresia, tracheoesophageal fistula, and the VATER association. VATER is a group of birth defects that affect the spine and blood vessels; the anus and rectum; trachea; esophagus; kidneys, ureters, and bladder; radial arm defects; and many other defects.
United Ostomy Association Inc.	www.uoa.org	Volunteer-based association providing education, information, support, and advocacy for people facing intestinal or urinary diversions.
Weight-Control Information Network (WIN)	www.niddk.nih.gov	Science-based health information materials on weight control, obesity, physical activity, and related nutritional issues
Wilson's Disease Association	www.wilsonsdisease.org	Communications and support network for individuals affected by Wilson's disease; patient information; referrals; meetings

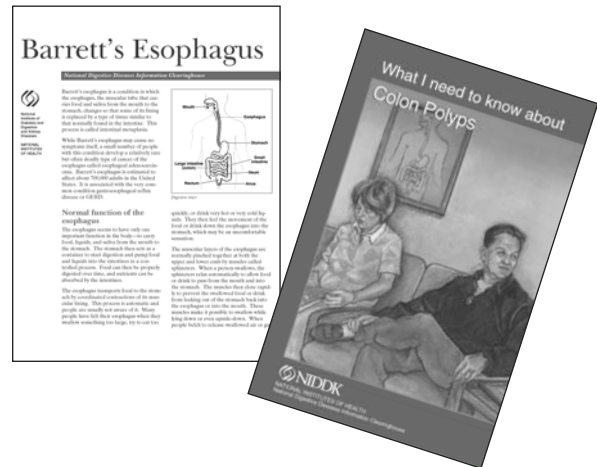
Note: The information in this table was current as of August 2002.

What's New From NDDIC?

The National Digestive Diseases Information Clearinghouse (NDDIC) is pleased to announce several new and updated publications. All NDDIC materials are available online at www.niddk.nih.gov, and printed versions can be ordered by using the form on page 15.

New Materials

- *Barrett's Esophagus*. This fact sheet reviews the normal function of the esophagus and discusses the relationship between gastroesophageal reflux disease (GERD) and Barrett's esophagus, as well as Barrett's esophagus and cancer. Diagnosis, screening, and treatment are also covered.
- *What I Need to Know About Colon Polyps*. This easy-to-read booklet defines and explains the causes, symptoms, and treatments for colon polyps.
- *Gastritis*. This "quick fact," or brief summary, provides an overview.



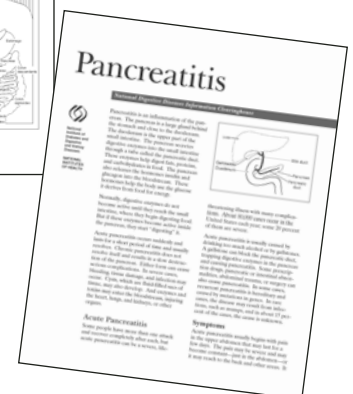
New in Spanish

- *Your Digestive System and How It Works* (fact sheet)
- *Cirrhosis of the Liver* (fact sheet)
- *What I Need to Know About Constipation* (booklet)



Updated and Reprinted Fact Sheets

- *Diverticulosis and Diverticulitis*
- *Heartburn, Hiatal Hernia, and Gastroesophageal Reflux Disease (GERD)*
- *Pancreatitis*
- *Hemochromatosis*



Updated Information Packets

- Anal Fissures
- Diagnostic Tests for Liver Disease
- Gallbladder and Biliary Tract Diseases ■

What's New in CHID?

CHID_{online}

The Combined Health Information Database (CHID) is produced by health-related agencies of the Federal Government. This database provides the titles, abstracts, and availability of health information and health education resources. The National Digestive Diseases Information Clearinghouse (NDDIC) maintains the digestive diseases subfile of the database, which includes information about books, pamphlets, videos, journal articles, and manuals on a variety of digestive disease topics. NDDIC continually adds new materials to CHID. Here are highlights of four recent additions.

Silent Stalker: A Video Promoting Prevention of Hepatitis and Substance Abuse

This health promotion video describes hepatitis, a viral infection of the liver. The program begins by introducing hepatitis as the “silent stalker.” Then,

young adult narrators stress that knowledge is power and that knowledge can be used to prevent hepatitis.

Next, the anatomy and physiology of the liver are briefly explained. Hepatitis B and hepatitis C are reviewed, and viewers are encouraged to get the hepatitis B vaccine. The narrators then discuss strategies to prevent hepatitis C.

Available from Hepatitis Foundation Interna-

tional, 30 Sunrise Terrace, Cedar Grove, NJ 07009-1423; 1-800-891-0707 (website: www.hepfi.org). Price: \$35 plus shipping and handling.

ACG Recommendations on Colorectal Cancer Screening for Average and Higher Risk Patients in Clinical Practice

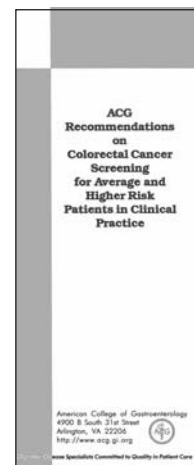
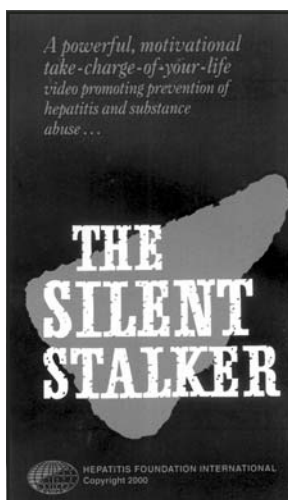
This booklet outlines the recommendations of the American College of Gastroenterology (ACG) on colorectal cancer screening and presents an

update of the ACG position as outlined by the Agency for Healthcare Research and Quality (AHRQ). The updated recommendation presented in the booklet is meant to reflect trends in the rapidly changing perceptions of prevention strategies for colorectal cancer among clinical gastroenterologists in the academic setting and in private practice. The preferred screening strategy for persons over age 50 with average risk for colorectal cancer is a colonoscopy every 10 years. Other screening methods, including barium enema, CT (computed tomography), and magnetic resonance colonography (also called virtual colonoscopy) are also discussed. The booklet includes extensive tables that summarize the information and guidelines presented in the text.

Available from the American College of Gastroenterology, 4900-B South 31st Street, Arlington, VA 22206-1656; (703) 820-7400. Price: Single copy free.

CSA/USA, Inc., Recipe Collection, Number 7

This cookbook is one in a series designed to help patients with celiac disease (gluten intolerance) follow a healthy, interesting, gluten-free diet. The first section of the cookbook contains cooking



hints, information on adapting recipes, and a variety of special topics selected from past issues of the patient education newsletter *Lifeline*. A segment describing the history and activities of the Celiac Sprue Association (CSA) is included as well. The second section offers a selection of international recipes. An index helps readers find

recipes by category and title.

Available from the Celiac Sprue Association–United States of America Inc., P.O. Box 31700, Omaha, NE 68131; (402) 558-0600 (website: www.csaceliacs.org). Price: \$8.

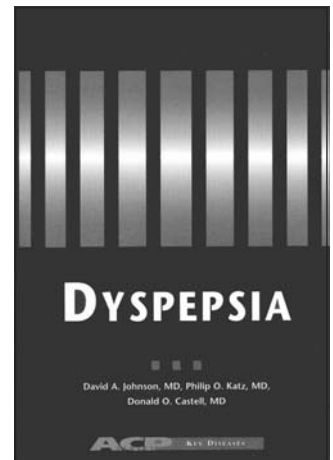
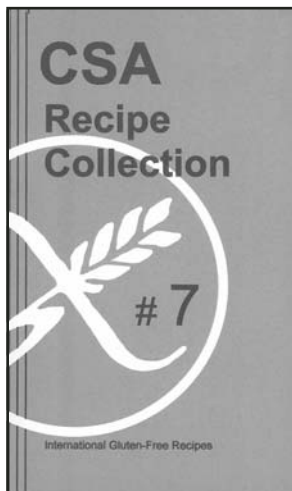
Dyspepsia

The term dyspepsia refers to a variety of symptoms pertaining to the upper gastrointestinal tract, including upper abdominal pain,

discomfort, heartburn, nausea, bloating, and regurgitation. This book offers a guide to the clinical challenge of managing patients with dyspepsia. To accommodate the realities of managed health care and fiscal concerns, the authors

emphasize cost-effective strategies that achieve optimal clinical outcomes. Each chapter concludes with a list of key points and a reference list; a subject index appears at the end of the book.

Available from the American College of Physicians, 190 N. Independence Mall West, Philadelphia, PA 19106-1572; 1-800-523-1546 (website: www.acponline.com). Price: \$35 plus shipping and handling. ■



CHID *online*

The Combined Health Information Database

[Welcome](#)

[Database Topics](#)

[Simple Search](#)

[Detailed Search](#)

[Help](#)

[Comments](#)

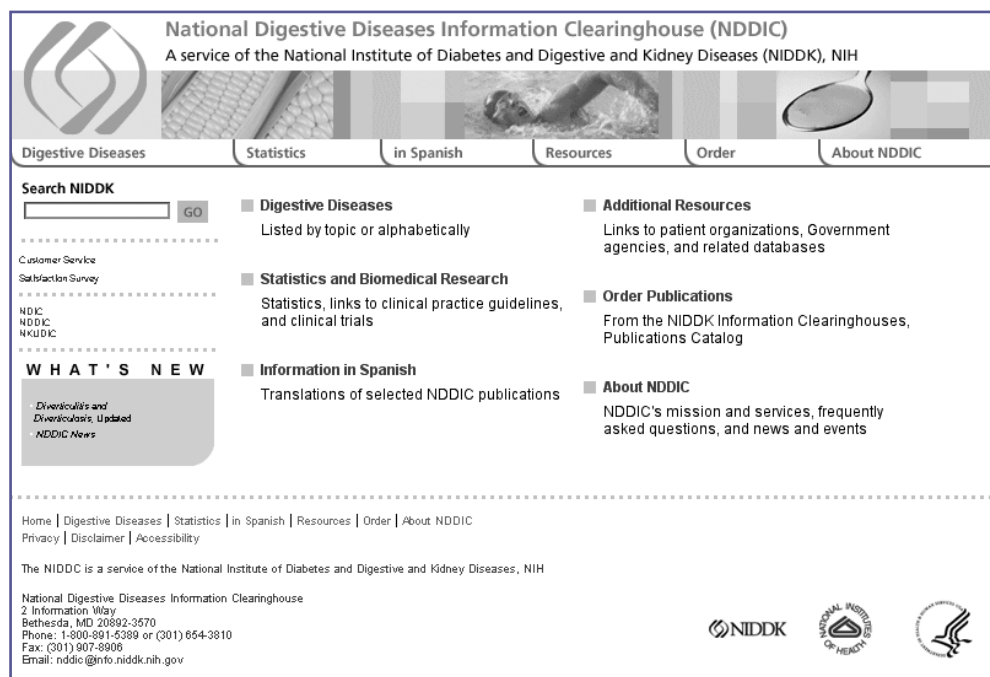
[Welcome](#) | [Database Topics](#) | [Help](#) | [Simple Search](#) | [Detailed Search](#) | [Comments](#)



To search CHID for materials on specific topics, go to <http://chid.nih.gov> on the Internet.

A New Website for NDDIC

A new National Digestive Diseases Information Clearinghouse (NDDIC) website will be launched in late winter 2003. The website will provide patients, families, and the public with a new doorway to information on digestive diseases and a bright new look.



Upcoming features of the new NDDIC site will include

- Easier-to-find information. Listings will be both alphabetical and by topic, making it simpler to find specific information.
- Improved navigation. A new top navigation tool will enable users to toggle between sections.
- Direct access to the new NIDDK Clearinghouses' Online Catalog and health information databases like the Combined Health Information Database (CHID). See page 13 for more about online ordering.

While the look and architecture have been changed, the source documents are the same. The fact sheet content that people rely on is altered only when needed to keep it up to date.

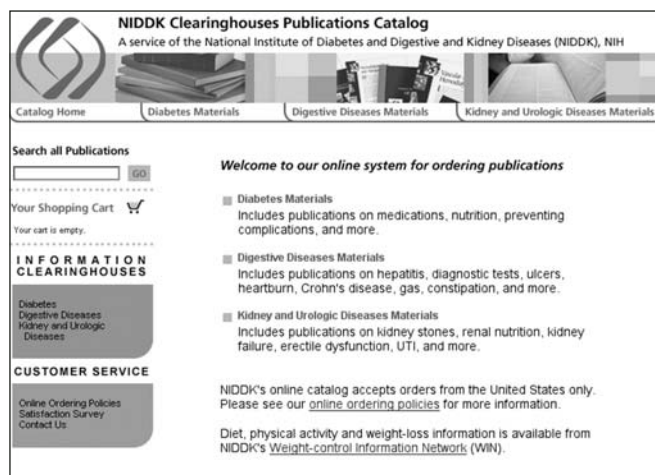
The new NDDIC website will also include the customer satisfaction survey, so please plan to stop by to tell us what you think.

Accessing the new NDDIC site will be easy: simply go to www.digestive.niddk.nih.gov or www.nddic.niddk.nih.gov, or visit the NIDDK site (www.niddk.nih.gov) and click on "Health Information," then "Digestive Diseases."

The new NDDIC site is part of the NIDDK's new family of websites, which will also include new sites for diabetes and for kidney and urologic diseases. The new sites are being developed in a months-long process that includes in-depth usability testing, which resulted in the new user-based designs. ■

Online Catalog and Credit Cards Will Make Ordering NIDDK Publications Easier in 2003

Many customers of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) information clearinghouses have asked to order publications online and to use their credit cards to pay for bulk orders of materials. In response, NIDDK plans to launch the NIDDK publications catalog website at <http://catalog.niddk.nih.gov> and to accept credit cards for bulk orders in 2003. Single copies of most clearinghouse materials will remain free of charge, and Government publications are not copyrighted, so you can make your own copies for wide distribution. The clearinghouse will continue to accept payment by check, money order, or purchase order as well. ■



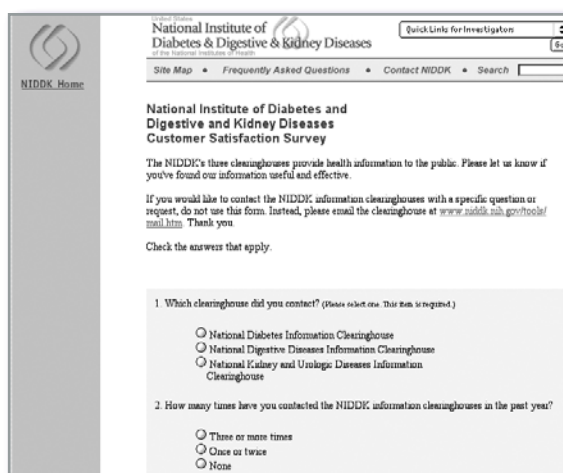
NIDDK Seeks Feedback on Clearinghouse Services

You like our fact sheets, our easy-to-read booklets, and our responsiveness. However, you'd like to see more materials in alternate formats, such as CDs, videotapes, or cassettes. In addition, you'd like more materials in Spanish. That's what we've learned about your level of satisfaction so far, based on the results of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) information clearinghouses' customer satisfaction survey.

The customer satisfaction survey, launched by the NIDDK in 2001, has helped the National Digestive Diseases Information Clearinghouse (NDDIC) identify customers' needs and provide additional services in response to those needs.

But we want to learn more. The survey is available on the NIDDK website (www.niddk.nih.gov) through clearinghouse email responses, and in print format—a survey is included with every publication order. NDDIC information specialists also conduct surveys over the telephone and at the NDDIC exhibit during professional meetings. The results of the survey are entered into a database, where the information is compiled. We look forward to your continued feed-

back on our services, and we will report the results in future issues of *NDDIC News*. ■



NDDIC Publications List

Patient Education Fact Sheets

Single copies free. Packages of 25, \$5 each.

DD-196	Autoimmune Hepatitis
DD-193	Bacteria and Foodborne Illness
DD-202	Barrett's Esophagus
DD-29	Bleeding in the Digestive Tract
DD-179	Celiac Disease
DD-172	Chronic Hepatitis C: Current Disease Management
DD-73	Cirrhosis of the Liver
DD-35	Constipation
DD-117	Crohn's Disease
DD-195	Cyclic Vomiting Syndrome
DD-185	Diarrhea
DD-27	Diverticulosis and Diverticulitis
DD-02	Facts & Fallacies About Digestive Diseases
DD-197	Fecal Incontinence
DD-97	Gallstones
DD-30	Gas in the Digestive Tract
DD-186	Gastroparesis in Diabetes
DD-177	<i>H. pylori</i> and Peptic Ulcer
DD-160	Heartburn, Hiatal Hernia, and Gastroesophageal Reflux Disease (GERD)
DD-191	Hemochromatosis
DD-59	Hemorrhoids
DD-48	Lactose Intolerance
DD-71	Pancreatitis
DD-52	Smoking and Your Digestive System
DD-15	Ulcerative Colitis
DD-178	Vaccination for Hepatitis A and B
DD-192	Viral Hepatitis A to E and Beyond
DD-03	Your Digestive System and How It Works

Diagnostic Tests Folder

First folder free. Packages of 25 folders, \$10 each.

DD-180	Diagnostic Tests Folder
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Patient Education Booklets (Easy-to-Read)

Single copies free. Packages of 25, \$10 each.

DD-167	The Digestive Diseases Dictionary
What I need to know about	
DD-203	Colon Polyps
DD-168	Constipation
DD-174	Hepatitis A
DD-175	Hepatitis B
DD-176	Hepatitis C
DD-198	Hirschsprung's Disease
DD-194	Irritable Bowel Syndrome
DD-204	Peptic Ulcers
DD-169	Why Do I Have Gas?
DD-181	Why Does Milk Bother Me?

Spanish Materials

Single copies free. Packages of 25, \$10 each unless otherwise stated.

DD-200	Cirrhosis of the Liver (Packages of 25, \$5 each.)
DD-182	<i>H. pylori</i> and Peptic Ulcer (Packages of 25, \$5 each.)
What I need to know about	
DD-199	Constipation
DD-187	Hepatitis A
DD-188	Hepatitis B
DD-189	Hepatitis C
DD-201	Your Digestive System and How It Works (Packages of 25, \$5 each.)

Statistics

DDI-27	Digestive Disease Statistics. (Single printed copies free to those without Internet access.)
DD-159	Digestive Diseases in the United States: Epidemiology and Impact (\$15 each)

Information Packets

Single copies free. No bulk orders.

DD-137	Anal Fissure
DD-133	Diagnostic Tests for Liver Disease
DD-152	Gallbladder and Biliary Tract Diseases

Online Publications

Single printed copies free to those without Internet access.

DDI-18	Appendicitis
DDI-19	Constipation in Children
DDI-26	Gastritis
DDI-24	Ileostomy, Colostomy, and Ileoanal Reservoir Surgery
DDI-21	Indigestion (Dyspepsia)
DDI-14	Inguinal Hernia
DDI-01	Intestinal Pseudo-Obstruction
DDI-22	Irritable Bowel Syndrome (IBS) in Children
DDI-02	Liver Transplantation
DDI-08	Ménétrier's Disease
DDI-23	NSAIDs and Peptic Ulcer
DDI-09	Porphyria
DDI-03	Primary Biliary Cirrhosis
DDI-04	Primary Sclerosing Cholangitis
DDI-16	Proctitis
DDI-17	Rapid Gastric Emptying (Dumping Syndrome)
DDI-05	Short Bowel Syndrome
DDI-11	Whipple's Disease
DDI-12	Wilson's Disease
DDI-13	Zollinger-Ellison Syndrome

Other Materials

Single copies free.

DD-05	Directory of Digestive Diseases Organizations for Patients
DD-06	Directory of Digestive Diseases Organizations for Professionals
DD-22	National Digestive Diseases Information Clearinghouse brochure
DD-32	NDDIC News

Order Forms/Catalog

Single copies free.

DDS-100	Searches-on-File: Topics in Digestive Diseases
NIDDK-02	Catalog

National Digestive Diseases Information Clearinghouse Order Form

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 CUT ALONG LINE OR PHOTOCOPY AND COMPLETE.

- The panel recommended expanding the scope of patients eligible for treatment to include those who inject drugs, consume alcohol, suffer from comorbid conditions such as depression, or are co-infected with HIV. Similarly, panelists cautioned against excluding children and older adults from treatment and further research.
- Recommendations for future research include the development of reliable and reproducible cultures, which will advance the understanding of HCV biology and mechanisms of drug resistance and aid vaccine development. The panel urged the establishment of a hepatitis research network to conduct research into the natural history, prevention, and treatment of hepatitis C. Studies to determine the efficacy of alternative medicines are needed as well. The panel also recommended the development of strategies to better prevent, diagnose, and treat the disease in injection drug users and the incarcerated population. ■

The NIH Consensus Development Program is managed by the NIH Office of Medical Applications of Research (OMAR). Under this program, OMAR organizes major conferences that produce consensus statements and state-of-the-science statements on controversial issues in medicine important to health care providers, patients, and the general public.

NIH State-of-the-Science and Consensus Statements are prepared by a nonadvocate, non-Federal panel of experts on the basis of (1) presentations given during a 2-day public session by investigators working in areas relevant to the consensus questions, (2) questions and statements from conference attendees during open discussion periods that are part of the public session, and (3) closed deliberations by the panel during the remainder of the second day and the morning of the third. The summary statement reflects the panel's assessment of medical knowledge available at the time the statement was written. It provides a "snapshot in time" of the state of knowledge on the conference topic. The statement is an independent report of the panel and is not a policy statement of the NIH or the Federal Government. ■

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